Balanced Spicy Coconut Red Curry
with Roast Cauliflower, Chickpeas and Spinach

The secret to this divine veggie curry is the cauliflower. We've roasted it, then mashed half and added it to the sauce. Simmered with capsicum and chickpeas and topped with toasted coconut, this tastes every bit as delicious as it looks.

40 minutes   2 Servings

WHAT WE SEND
- 500g cauliflower
- 1 red capsicum
- 400g chickpeas
- 20g shredded coconut [17]
- 30g red curry paste [6]
- 400ml coconut milk
- 50g baby spinach leaves

WHAT YOU NEED
- 1 tbs vegetable oil
- 1 garlic clove
- 1 tbs soy sauce [6]
- ½ tsp sugar

TOOLS
- oven tray
- baking paper
- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS
Soy (6), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING
Energy 740kcal, Fat 55.9g, Carbs 39.6g, Proteins 18.1g

1. Roast cauliflower

Preheat the oven to 220C. Line an oven tray with baking paper. Cut the **cauliflower** stem into 1cm chunks and cut the head into small florets (see Make it faster). Put on the lined tray, drizzle with **2 tsp vegetable oil**, season with **salt and pepper** and toss to coat. Roast for 20-25 mins until golden and tender.

2. Prep ingredients

Meanwhile, crush or finely chop **1 garlic clove**. Thinly slice the **capsicum**. Drain and rinse the **chickpeas**. Put the **coconut** in a cold medium deep frypan over medium heat. Toast, tossing, for 2-3 mins until evenly golden. Remove from the pan, reserving the pan. Transfer **half the roasted cauliflower** to a bowl and coarsely mash with a fork.
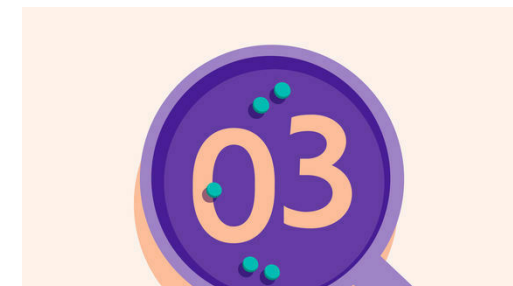
3. Start curry

Heat **2 tsp vegetable oil** in the reserved pan over high heat. Cook the **capsicum**, stirring, for 2-3 mins until softened. Add the **garlic** and **curry paste** and cook, stirring, for 1 min or until fragrant.

4. Simmer curry

Add the **mashed cauliflower, chickpeas, coconut milk, 1 tbs soy sauce, ½ tsp sugar** and **60ml (¼ cup) water** to the pan and stir to combine. Bring to the boil, then reduce the heat to low and cook for 10 mins or until slightly thickened.

5. Serve up

Add the **spinach** and **remaining cauliflower** to the curry and stir until the spinach is wilted. Taste, then season with **salt and pepper**. Remove the pan from the heat. Divide the **curry** among bowls and scatter over the **toasted coconut**. Enjoy!

6. Make it faster

Roasting cauliflower brings out its delicious nutty flavours. Make sure you get the cauliflower into the oven as soon as possible, as you'll need to mash some of the roasted cauli to add to the curry. If you want to speed things up, skip the roasting step and add all the cauliflower to the curry in Step 4. Simmer until tender.

Packed in Australia from at least 45% Australian ingredients